

Winter Garden Parks and Recreation Swim Lessons 2008

Session 1 – 6/9-6/19

Session 2 – 6/23-7/3

Session 3 – 7/7-7/17

Session 4 – 7/21 – 7/31

Session 5 – 8/4-8/14

Monday-Thursday

- ☐ 9-9:30 Parent/Child Level 1
- ☐ 9-9:45 Level 2 Level 3
- ☐ 9:30-10 Parent/Child Level 1
- ☐ 10-10:45 Level 1 Level 3 Level 4
- ☐ 11-11:45 Level 3 Level 4 Level 5 Level 6



Session 6 – 6/9-7/2

Session 8 – 7/7-7/30

Monday/Wednesday

- ☐ 5-5:30 Parent/Child Level 1 Level 3 (5-5:45)
- ☐ 5:30-6 Parent/Child Level 2 (5:30-6:15)
- ☐ 5:45-6:30 Level 4
- ☐ 6-6:30 Level 1

Session 7 – 6/10-7/3

Session 9 – 7/8-7/31

Tuesday/Thursday

- 5-5:30 Level 1
- 5-5:45 Level 3 Level 5
- 5:30-6:15 Level 2
- 5:45-6:30 Level 4 Level 6

Session 10 – 5/31-7/19

Saturday

- ☐ 10-10:30 Parent/Child Level 1
- ☐ 10:30-11 Parent/Child Level 1
- ☐ 10-10:45 Level 2 Level 3
- ☐ 11-11:45 Level 2 Level 3 Level 4

Session 11 – 7/26-9/13



Parent/Child A- 6mo. – 2yrs

Parent/Child B – 18mo. – 4yrs

Level 1 – Introduction to Water Skills

Level 2 – Fundamental Aquatic Skills

Level 3 – Stroke Development

Level 4 – Stroke Improvement

Level 5 – Stroke Refinement

Level 6 – Swimming and Skill Proficiency

Parent/ Child – Child must be 6 months – 5yrs to be enrolled. A parent or other care giving adult is required to accompany each child in the water and participate in classes. This class focuses on water exploration by using fun games and activities.

Introduction to Water Skills – Level 1

No prerequisites – objective is to help students feel comfortable in the water and enjoy the water safely, develop good attitudes and safe practices around the water, learn safety rules, buddy system and explore movement in the water.

Fundamental Aquatic Skills – Level 2

Students must be able to demonstrate all requirements for level 1. This level gives students success with fundamental skills. Learn to float with out support and recover to vertical position, beginning locomotion skill, explore simultaneously and alternating arm & leg action on the front & back. This level explores self help and basic rescue skills.

Stroke Development – Level 3

Students must be able to demonstrate all requirements for level 2. Build skills in level 2 by providing additional guidance, coordinate front and back crawl, introduce butterfly and fundamentals of treading, learn head first entries.

Stroke Improvement – Level 4

Students must demonstrate all level 3 skills. Develop confidence in strokes, improve skills and increase endurance by swimming familiar strokes (front & back crawl). Continue to build on butterfly, introduce elementary backstroke, breaststroke, elements of sidestroke and basic turns.

Stroke Refinement – Level 5

Students must complete level 4 requirements. This level teaches coordination and refinement of strokes. Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary, sidestroke) and increase distance. This level will teach flip turns on front and back.

Swimming and Skill Proficiency – Level 6

Students must complete level 5 requirements. This level will teach students how to refine strokes to swim with more ease, efficiency, power and smoothness over greater distances. Introduces aquatic activities and prepares students to participate in more advanced courses such as Water Safety Instruction, Lifeguard, Competitive Diving, Competitive Swimming and others.



